

The contexts of life course health development and exclusive breastfeeding
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Supplemental handout for webinar presentation for the Life Course Research Network
Early Family Experiences Node
September 22, 2015

The health benefits of breastfeeding

- Infant
 - Protective against disease
 - Developmental benefits
- Mother
 - Decreased risk of chronic disease
 - Protective against postpartum depression
- Society
 - Reduced healthcare costs
 - Decreased workplace absenteeism

Recommendation: Exclusive breastfeeding for 6 months

- World Health Organization
 - *Innocenti Declaration of 1990*
 - Baby Friendly Hospital Initiative
- American Academy of Pediatrics
 - *Breastfeeding and the Use of Human Milk (2012)*

Resources describing breastfeeding recommendations and health benefits:

American Academy of Pediatrics, Section on Breastfeeding. (2012). Breastfeeding and the use of human milk. *Pediatrics*, 129, e827-e841. doi:10.1542/peds.2011-3552

CDC. Breastfeeding Report Card, United States/2014.
<http://www.cdc.gov/breastfeeding/pdf/2014breastfeedingreportcard.pdf>

Ip, S., Chung, M., Raman, G., Chew, P., Maqula, N., DeVine, D., Trikalinos, T., & Lau, J. (2007). Breastfeeding and maternal and infant health outcomes in developed countries. *Evid Rep Technol Assess (Full Report)*, Apr.(153), 1-186. Rockville, MD: Agency for Healthcare Research and Quality.

United States Department of Health and Human Services. (2011). *The Surgeon General's Call to Action to Support Breastfeeding*. Washington, DC: U.S. Department of Health and Human Services, Office of the Surgeon General.

United States Department of Health and Human Services. (2011). Healthy People 2020: Maternal, Infant, and Child Health Objectives. Retrieved from
<http://www.healthypeople.gov/2020/topicsobjectives2020/objectiveslist.aspx?topicid=26>.

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WHO. (1990). Innocenti Declaration. Retrieved from
<http://www.unicef.org/programme/breastfeeding/innocenti.htm>

WHO. (1998). Evidence for the Ten Steps to Successful Breastfeeding. Geneva: WHO.

Recommended reading on the life course perspective and LCHD framework:

Halfon, N. & Hochstein, M. (2002). Life course health development: An integrated framework for developing health, policy, and research. *The Milbank Quarterly*, 80(3), 433-479.

Halfon, N., Larson, K., Lu, M., Tullis, E., & Russ, S. (2014). Lifecourse health development: Past, present and future. *Matern Child Health J.*, 18, 344-36.

Fine, A., Kotelchuck, M., Adess, N., & Pies, C. (2009). Policy Brief. A New Agenda for MCH Policy and Programs: Integrating a Life Course Perspective. Martinez, CA. Contra Costa Health Services. Retrieved from
http://www.cchealth.org/groups/lifecourse/pdf/2009_10_policy_brief.pdf

United States Department of Health and Human Services. (2010). Rethinking MCH: The Life Course Model as an Organizing Framework. Concept Paper. Health Resources and Services Administration. Maternal Child Health Bureau.